

### **Junior Program (Ages 7-10)**

The Chena Junior program aims to provide a safe, fun, and supportive environment for swimmers to build their love for competitive swimming and learn its FUNdamentals. The program places an emphasis on teaching technique, practicing the foundational skills, and developing confidence to set up for long term swimming and athletic success. Our Junior swimmers will have fun learning new skills, practicing in a team environment, and learning to compete at swim meets.

#### **Goal Outline:**

- **Personal Development**
  - Come to the pool excited to learn
  - Be respectful to your teammates and coach
  - Learn new skills in a group environment
  - Find group success through peer support and team spirit
- **Pool**
  - Learn, practice, and perfect the technique for all 4 kicks
  - Develop technique for all 4 competitive strokes
  - Combine swimming, diving, and turning skills into a quality, legal race
  - Engage in learning and practicing in the structure of a team environment
- **Dryland**
  - Develop balance, flexibility, coordination and control through active games and play
  - Learn basic swimming shapes like streamline, fly arms, br legs and feet.
  - Learn basics of activation before each practice and stretching after practice
- **Competition**
  - Have fun swimming fast, trying your best and competing!
  - Get your first ever Best Time and set goals for your next one.
  - Have fun racing while demonstrating sportsmanship and team spirit

### Junior Green

Junior Green is our advanced FUNdamentals group for swimmers. Swimmers will practice maintaining their fundamental skill proficiency over longer distances, and gain exposure and engagement in more competition environments. Swimmers work towards qualification and competition at LMR Championships through refinement of swimming fundamentals and learning of more advanced techniques in a team focused, supportive environment.

### Group Requirements

| Ages | Practice Attendance              | Meet Attendance   |
|------|----------------------------------|---|
| 8-10 | Recommended: 70%+ (3/4 per week) | Recommend: 1 per month at Highest level of meet qualified for |

### Skill Prerequisites:

- Demonstrates strong competitive skills and technique for all 4 strokes.
- Able to complete a 200 IM with legal competitive skills in under 4:20 or a 100 IM with legal competitive skills under 1:50.

### Details:

- Season Duration: Mid September to Late June
- Off Days: Holidays such as Christmas, Easter, Spring Break, etc.
- Practices per week 4
- Dryland Sessions per week 1-2
- In water time per practice: 75-90min
- Dryland time per practice 15min per water session; 30-45min per dryland session
- Competitions 1x per month (LMR Meets)
- Group Goal: Refine technique and build speed for all 4 strokes. Race 200 IM and all events with quality and speed. Work towards LMR Championship qualification.

### Junior Blue

Junior Blue is the intermediate level of the FUNdamentals program and continues with skill development for each of the four strokes, but also aims to incorporate more competitive skills together including dives, streamlines, swimming, turns and finishes en route to swimming longer and faster. Swimmers in Junior Blue will gain increased exposure to racing and work towards completing a 100m IM faster, and completing a 200m IM with all legal swim skills.

### Group Requirements

| Ages | Practice Attendance              | Meet Attendance        |
|------|----------------------------------|------------------------|
| 8-10 | Recommended: 60%+ (2/3 per week) | Recommend: 1 per month |

### Skill Prerequisites:

- Demonstrates introductory knowledge for all four full strokes, and their corresponding competitive starts and turns.
- Have completed a skills mini meet or have interest in pursuing competition.
- Able to complete a 100 IM with legal competitive skills in under 2:30.

### Details:

- Season Duration: Mid September to Late June
- Off Days: Holidays such as Christmas, Easter, Spring Break, etc.
- Practices per week 3
- In water time per practice: 60-75min
- Dryland time per practice 15min
- Competitions 1x per month (Development Meets)
- Group Goal: Improve details and speed of all 4 strokes. Improve on 100 IM in competition. Complete a 200 IM Race legally.

### Junior White

Junior White is the developmental FUNdamentals program and aims to progress the swimmer's kicking and full stroke swimming skills from an introductory knowledge to a basic competitive proficiency and competency. Swimmers will learn all four fundamental kicks and strokes including butterfly, backstroke, breaststroke and freestyle and apply their knowledge in a race. Swimmers will participate in their first Developmental meets, achieve their first best times, and work towards completing a 100m IM while following all the rules.

### Group Requirements

| Ages | Practice Attendance              | Meet Attendance        |
|------|----------------------------------|------------------------|
| 7-10 | Recommended: 60%+ (2/3 per week) | Recommend: 1 per month |

### Skill Prerequisites:

- Demonstrates basic understanding of the 4 competitive strokes and/or strong proficiency in all 4 stroke kicking techniques.
- Have completed a skills mini meet or have interest in exploring competition.
- Can complete a 100 IM without stopping.

### Details:

- Season Duration: Mid September to Late June
- Off Days: Holidays such as Christmas, Easter, Spring Break, etc.
- Practices per week 3
- In water time per practice: 60min
- Dryland time per practice 15min
- Competitions 1x per month (Development Meets)
- Group Goal: Complete all 4 strokes legally, and race a 100m IM legally. Learn competitive swim skills in a fun, team based environment.

